

GROUP FITNESS CLASS DESCRIPTIONS

All Classes open to ages 12 years and older. Children 12-13 years must have adult in class with them.

- Glute & Core-** This 30 minute class is packed with exercises to strengthen stabilizers for the entire body. The class will focus on trimming and toning the core of the body – abdominals, lower back, hips, glutes, and thighs. Modifications to most exercises will be given for beginners.
- Seated Aerobics-** Non impact aerobics. Work up a sweat while seated and working all body parts. All ages are welcome! Great for post rehab patients.
- Sculpting-** A workout challenging your major muscle groups by using the weight-room exercises like squats, presses, lifts and curls. Your muscles will feel a little sore after your first class, but it will get easier. Discuss what weights to use with instructor prior to class for best results.
- SPIN-** A 45 minute energized indoor bicycling workout. Instructors guide participants through workout phases like warm-up, steady up tempo cadences, sprints, climbs, cool-downs, etc. You can wear tennis shoes or Shimano-style SPD cleats. Bring a small towel and a water bottle.
- SPIN & ABs-** 30 minute indoor bicycle ride & 15 minute hard core workout. Are you intimidated to SPIN? This is the perfect intro to cycling class. Less intense than other SPIN classes. You will learn how to set up properly on bike, and Bring a small towel and a water bottle. Bikes are 1st come/1st serve until further notice.
- Step & Tone-** Combination of step aerobics with weight training. Medium impact step aerobics, but expect high intensity results. Beginners are welcome.
- YOGA-**
Yin – is a slow-paced style of yoga as exercise with asanas (postures) that are held for longer periods of time
Slow Flow – allows beginners to create their own synchronized flow, while learning poses and how to move, breathe and stretch between poses
Hatha – simply refers to the practice of physical yoga postures
Restorative - is a practice that is all about slowing down and opening your body through passive stretching

AQUATIC FITNESS CLASS DESCRIPTIONS

- A.B.C. - (Aquatic Body Conditioning)** - Expect 25 minutes of cardio, plus toning with the aqua barbells, and stretching. Abdominals and arms are primary focus of toning.
- Aqua Fit Xtreme** - Expect 35-45 minutes of high intensity cardiovascular workout in Teaching Pool. Abdominals and toning are included in all Aquatic Fitness Classes.
- Hydro Power-** Expect 30-40 minutes of medium/high intensity. Some hopping, jumping during cardio workout. Abdominals and toning is included in all Aquatic Fitness Classes.
- Silver Aquacise-** Medium intensity workouts in Teaching Pool. Open to all ages. Beginners are encouraged to attend this class.